

HOW TO LIGHTEN YOUR LOAD

The Life You Were Meant to Live
Rick Warren

Jesus: “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” Matthew 11:28-30 (RSV)

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1. _____
“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.” Matthew 11:28 (RSV)

“He gives power to those who are tired and worn out; He offers strength to the weak . . . those who wait on the Lord will find new strength.”

Isaiah 40:29, 31 (NLT)

“Find a quiet, secluded place so you won’t be tempted to role play before God. Just be there as simply and honestly as you can manage. The focus will shift from you to God, and you will begin to sense His grace.”

Matthew 6:6 (The Message)

2. _____
“Take my yoke upon you.” Matthew 11:29 (NIV)

“For my yoke is easy, and my burden is light.” Matthew 11:30 (NIV)

“Pile your troubles on God’s shoulders—He’ll carry your load and help you out.”
Psalm 55:22 (The Message)

3. When I’m “yoked” with Christ, we move together in the same _____
_____ and the same _____

“Since we live by the Spirit, let us keep in step with the Spirit.” Galatians 5:25 (NIV)

“Our lives get in step with God by letting Him set the pace.”
Romans 3:28 (The Message)

4. _____
“ . . . Learn from me; for I am gentle and humble in heart, and you will find rest for your souls.” Matthew 11:29 (NIV)

“Since the Lord is directing our steps, why try to understand everything that happens along the way.” Proverbs 20:24 (TLB)

“When I am ready to give up, He knows what I should do.” Psalm 142:3 (GNT)

Next Steps

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